

Counseling Patients with Sexual Dysfunction

Reproductive Health Issues

Do I want to do this?

- Why I chose to address the issues
- How to get comfortable; determine your own comfort level
- How to approach patients
- Someone with whom you might collaborate

Prevalence

- One study shows 43% of women report problems
- Berman sisters in JAMA report 1/3 of women report problems
- The Male Massachusetts Aging Study
- Men ages 40-70—52%
- Patients with diabetes...

Male issues

- Treatment options
- Making handouts
- Making/receiving referrals
- Making recommendations
- Recommended reading for patients
- Recommended reading for pharmacists
- What you might want to keep in your store

Female Issues

- Patients with chronic illness
- The difference in aging
- What female customers might need/want
- Recommended reading
- Reproductive issues
- PCOS

Problems with Teens

- Promiscuity: proving oneself
- Pregnancy
- Having “something to love”
- STD's

Elder issues

- Chronic illness
- Risk factors increase with age
- Strength: the new “safe sex”
- STD’s

Lifestyle and Sex

- Obesity epidemic
- Inactivity
- Is diabetes contagious? (See Diabetes Care, 26:710-712: 2003)
- Related diseases
- Can return of sexual function be healthy?

How to counsel:

- Put the person at ease
- You MUST have an uncle or aunt blah blah
blah
- Assess interest level
- Discuss treatment options
- Empower the patient

Findings:

- Chronic illness
- Obesity/inactivity
- Hormones
- Medications
- Lack of desire/energy
- Mental/emotional issues
- When to refer: be cautious

Male treatment

- Lifestyle
- Simple bands
- Oral agents
- Vacuum devices
- Inserts
- Injections
- Implants

Female treatment

- HRT
- Topical estrogen
- Lubricants !!!!!!!!!!!!!!!
- Eros, CDT, other
- Counseling

Protecting yourself

- I, _____ agree to have _____
- Share these suggestions with my medical provider, _____
- Date: _____
